

FIT SATIONAL

Healthy and Fit Kids



Did you know that obesity is now an epidemic in the United States. Over the last two decades, obesity rates in adults have doubled, and in school-age children and adolescents they have tripled according to the American Dietetic Association. One child in five is now overweight. National Institutes of Health (NIH) research shows that this public health problem affects both children and adolescents and cuts across all age, race and gender groups. Children who are obese are at risk for a wide range of health problems. Diseases that used to only occur in adults are now ap-

pearing in children. Obese children and adolescents have shown an alarming increase in the incidence of type 2 diabetes and many have high cholesterol and blood pressure levels, which put them at greater risk for heart disease. One of the most severe problems for obese children is sleep apnea, which can lead to problems with learning and memory. Overweight children also have a high incidence of orthopedic problems, liver disease and asthma.



Being active and eating healthy food everyday is important for health and fitness. Everyday, be active for 30 minutes or more, eat healthy foods for meals and snacks and drink fluids like water..



Everyday Eating:

- 5-7 servings of fruit and vegetables a day—fresh, dried or canned
- 3-6 servings of carbohydrate foods—breads, cereals, rice, pasta, noodles
- 3 servings of low or reduced fat dairy foods and about 1 serving of lean meats

Everyday activity

- Get active indoors (dance, climb stairs, and outdoors (throw a frisbee, rollerblade
- Carry portable fluids—suggest a drink bottle for before, during and after an activity

Faith Fitness Kids Member of the Month

Congratulations to **Andre', Amari, and Imani Williams**. They participate in the Faith Fitness Kids Workout at FWBC every Tuesday and Thursday night and are very energetic and fit kids!!



Upcoming Activities

All Faith Fitness classes will continue throughout the summer. Visit www.friendshipwest.org/faithfitness.html for a monthly updated schedule.

Faith Fitness Contributions: Don't forget. We are asking every Faith Fitness member for a \$5.00 monthly contribution to our ministry so that we can continue to grow the ministry, provide more quality and fun Health and Wellness Events and support the vision. You may make your contributions online at www.friendshipwest.org, at the media desk, in class, or in an envelope. Make sure you mark "other" and write Faith Fitness Contribution. **This is not a requirement for participation!!** Thanks to all of you for your wonderful support.